

Please note --  
Monday AM deadline  
for all news releases  
-- -- not advertising

## CONSUMERS' COUNCIL

Dr. Edward R. Willett, Chairman of the State Consumers' Council, announced recently that Att'y Robert G. Goldman of Lowell has been retained as Special Counsel to represent the C.C. on behalf of the citizens of Mass. to oppose the petition of the N.E. Telephone Co. for the \$52,000,000 rate increase now pending before the Dep't of Public Utilities.

Att'y Goldman has previously represented the Commonwealth in a number of anti-trust actions that resulted in substantial recoveries for Mass. and certain Mass. cities and towns against companies violating the anti-trust laws.

Dr. Willett commended Insurance Commissioner C. Eugene Farnam for his forthright landmark decision announced today in rejecting the property damage and medical payment insurance rate increase requests. His further action in reducing basic guests and extra territorial insurance rates shows the depth of the analysis undertaken by the Insurance Dep't. The Commissioner's decision has important implication in connection with any future auto insurance rate filings.

He further stated, "Commissioner Farnam gave the C.C. every opportunity to represent the Consumers' viewpoint during the conduct of the recent insurance hearings. I, also, wish to commend on behalf of the C.C. Att'y Sanford Kowal who represented the Council on this matter. This insurance landmark decision proves the value of consumer representation before rate-making commissions."

## FREE FILMS

### BASKETBALL TECHNIQUES

BOSTON — The Prudential Insurance Co. has just released a free basketball training film for use by civic and athletic organizations.

The film — "The Name of the Game is ... Basketball" — features 14 NBA players and was produced in assoc'n with the President's Council on Physical Fitness and Sports.

Among those displaying their ball-handling, shooting and defensive techniques in both regular and slow motion are John Havlicek of the Boston Celtics, Oscar Robertson of the Cincinnati Royals and Elvin Hayes of the San Diego Rockets.

Also included in the 28-minute sound and color film are Dave Bing, Detroit Pistons; Mike Riordan, N.Y. Knickerbockers; Wes Unseld, Baltimore Bullets; Lou Hudson, Atlanta Hawks; Bill Cunningham, Phila. 76ers; Keith Ericson, L.A. Lakers; Jon McGlocklin, Milwaukee Bucks; Gail Goodrich, Phoenix Suns; Jeff Mullins, S.F. Warriors and Bob Boozer and Lenny Wilkins of the Seattle Supersonics.

Sixteen-millimeter prints of the movie are available on a free-loan basis through Prudential agents and offices across the country.

Included with each showing of the film will be a supply of 36-page illustrated booklets which recap the highlights of the film, and can be used as training manuals to teach the basics of the game.

A physical fitness film, it will also be shown as a public service by many local TV stations across the country.

LET'S ALL PUSH FOR CLEAN AIR — REPORT ALL AIR POLLUTION NUISANCES AND VIOLATIONS TO THE LOWER PIONEER VALLEY AIR POLLUTION CONTROL DISTRICT — CALL 785-1717.

The TB Assoc'n's recent campaign, following Springfield Hospital Medical Center's announcement, has resulted in the following hospitals banning cigarette sales within their facility: Wesson Memorial, Wing Memorial, Holyoke, Noble, Mercy, Providence, North Adams, and Wesson Women's (one machine in lobby excepted).

For Advertising, Call 732-1495

Agawam News, Inc.  
435 River Road, Agawam

# THE AGAWAM News INC.

Agawam's First Newspaper Serving All The People

Vol. 19, No. 4 Agawam, Mass.--Thursday, January 22, 1970 5c per copy—1.00 per year

## Consumer news

FROM THE ATTORNEY GENERAL

### CREDIT CARD PROBLEMS

Credit buying has become a massive phenomenon. This system of "buy-now-pay-later" purchasing provides many advantages if kept within reasonable limits by the consumer. However, it has also led to the development of certain practices that take advantage of consumers.

One such practice entails revolving charge accounts that charge the consumer interest on credit he has not had for an entire billing period. Money owed for only a few days in a month can be taken into account in computing finance charges.

The Consumer Protection Division of my office received a complaint from a Dedham man who had been charged a month's interest on a large number of articles he had charged on the 30th of the month. He was expected to pay interest for credit he had held only 4 days when the bill was sent to him. Under existing law such an interest charge would be legal.

Although the Mass. Truth-In-Lending Law requires that creditors state the amount to be charged and the means for charging interest, the law does not specify what period of time must pass before finance charges may be computed on the credit.

To halt the practice of charging interest on amounts credited during the month, I have filed a bill that would require stores to compute interest only on the amount owed for

an entire billing period. Under this bill, no interest could be computed on amounts that had been paid or on credits made during the billing period.

Another problem that stems from credit buying is the distribution of unsolicited credit cards. The CPD has received numerous complaints about credit cards not requested.

These cards are usually imprinted with the consumer's name and address so that he can be billed for the articles he charges. If the card is lost or stolen, legal proceedings may be necessary to disclaim responsibility for purchases made on the card. This could happen with any credit card, but it is especially irritating if the card was never requested.

If you receive an unwanted credit card, the best way to prevent having it stolen is to destroy it immediately. But that will not necessarily stop the company from sending more credit cards.

I have filed a bill that would exempt from liability any person who receives a credit card he did not request. The effect of this bill would be to stop the bulk mailing of these credit cards.

If you have any comments or questions about these bills or about areas of consumer protection, contact the Consumer Protection Division of the Attorney General's office at the State House in Boston or in Springfield.

## CONSERVATION AWARDS

### MASS. WILDLIFE FEDERATION

Conservation groups, sportsmen's organizations and interested individuals are urged to make their nominations for the "State Conservation Awards Program," being conducted by the Mass. Wildlife Federation. Nominations will close March 1, 1970.

A screening committee is poised to select the Mass. Conservationist of the Year who will receive the Governor's Award.

This program financed by grants from the Sears Foundation will also recognize 9 other categories. They include Wildlife, Soil, Water, Forest, Youth, Legislative Conservationist, Conservation Educator, Conservation Communications and Conservation Organization of the Year.

The winners in these classes receive a state award and will be considered by the Nat'l Wildlife Fed., in Wash., D.C., to compete for the Nat'l Conservationist and the President's Award.

Nomination blanks have been sent to groups known to be interested in conservation. Individuals and organizations wanting to make nominations or needing information contact: Chester Spencer, President, 11 Cleveland Street, Arlington, Mass. 02174

Tobacco bans are gaining momentum. The American College of Physicians banned all smoking at its 50th annual meeting recently in Chicago. R.J. Reynolds Tobacco Co. dropped "tobacco" from its name and American Tobacco Co. has changed its name to American Brands, Inc.

All copy for this newspaper must be typed, double spaced originals. No carbons, or items which appear elsewhere before we publish, will be considered. Deadline, Monday A.M.

## From Your TB Association

### FOR A LONGER-LASTING TREAD

We get too soon old. And too late smart.

The perfect setup, of course, is to smarten up faster. And never age.

Aging, it now appears, results from a loss of information. From an accumulation of error at the cellular level. In short, it's all a big mistake.

According to Dr. Alex Comfort of University College, London, there is the possibility that the process of error accumulation can be interfered with, protected against, or even reversed.

Significant increases in the life span of mice — up to 40% — have already been achieved. Some of the same substances, antioxidants, were added to the mice diets that are used to prevent souring in lard and to preserve automobile tires. Antioxidants may be what we all need for a longer-lasting tread.

Errors in cell-copying increase with age, Dr. Comfort speculates, and the body's self-recognition process is changed. With advancing age, he says, the defense mechanisms of the body also get their signals crossed and end up fighting the cells they should protect instead of the invaders.

If sufficient resources are brought to bear on the investigation of human aging, Dr. Comfort feels we can "achieve a useful measure of control" within the next 10 to 15 years. It is possible, too, that some of the clues to aging may shed light on the problems of disease.

In the meantime, we shall have to cope with the too-common combination, aging and disease. To find out more about respiratory disease, check with your local TB and respiratory disease assoc'n.

It's a matter of life and breath. At any age.

### POLLUTION BY PESTICIDES

Pesticides are showing up in the most unexpected places.

More than a million pounds of imported cheeses were impounded during the last year. Because of contamination by pesticides.

Some of the most delectable cheeses from France, Italy, Rumania, and Argentina were barred from this

Agawam Center Library  
733 Main St.  
Agawam, Mass 01001

PUBLIC LIBRARY  
AGAWAM, MASS.

## PTA STATE SAFETY AWARDS



### SHIELD PRESENTED TO TOWN

The shield representing the 1st place state award for "Citizenship in Action" program promoted by the Sears Roebuck Foundation that was given to the Agawam Council was presented by Mrs. Dominic DiDonato, council president, to the town through the selectmen to put the shield on permanent display to commemorate the honored recognition bestowed on the community when the award was presented to the council at the 60th annual convention of the Mass. Congress of PTA that was held in New Bedford, Mass.

The award for the most effective

L. to R: Harold Burnett, Mrs. Elaine D. Donato, PTA Pres.; Selectmen Joseph Della Guistina, Chairman George Reynolds, and Edward Connelly.

"Citizenship in action" program for 1968-69 was given on the merit of the council's Child Safety Committee which aided in the elimination of many hazards in town through completing and acting on a rigid study of school traffic and safety hazards.

Members of this original committee were: Hon. Chm. David Skolnick, Chm. Harold Burnett, Elaine DiDonato, Helen Daubitz, Li W. a EDWRD Booska and Cynthia Wortelboer.

The town of Agawam now has a full time sety program.

## FOUR WHEEL SNOW DRIFT

BOSTON — The Automobile Legal Association today urged motorists to clean snow off the tops of their cars as well as windshields and rear windows after all snow storms.

"Cars with several inches of snow on the top are actually 4 wheel snow drifts and they can be quite a menace to a car traveling directly behind," said ALA's safety director, Philip C. Wallwork.

"This snow blowing off the top of a car can momentarily blind the following driver and can easily result in an accident," Wallwork said.

He also warned motorists against "peephole driving."

"Clean snow and ice off the entire glass surface of all windows, not just a 'peephole' in the windshield, otherwise, the field of vision is so limited as to create an extremely dangerous driving situation."

The following are some of the leading publications which in recent months announced they would cease accepting cigarette advertising when present contracts expire: Boston Globe, Reader's Digest, The New Yorker, Good Housekeeping, and Saturday Review.

The Hampden-Berkshire TB-RD Assoc'n assisted with the WBZ Smoking Clinic conducted by that radio station on the Jerry Williams Show nightly from 10 to midnight from Jan. 5-30. In connection with the program buttons, bumper strips and door signs were distributed by our association.

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## This baby was babied...



## ... before she was born

Her mother had good prenatal care and both are doing nicely, thank you.

The March of Dimes wants every mother-to-be to know that prenatal care can reduce birth defects—that the rubella (German measles) vaccine and the Rh vaccine can reduce birth defects.

Public health education is the answer. Help the March of Dimes carry on community health education programs.

prevent birth defects  
**Give to the MARCH OF DIMES**



### THE DOGGY CUSTOM

OF CIRCLING SEVERAL TIMES BEFORE FINALLY LYING DOWN GOES BACK TO THE NEED TO TRAMPLE DOWN THE GRASS TO MAKE A BED AND TO CHECK THE SPOT FOR ALIEN RESIDENTS.

### SIDNEY J. WAY

STATE HOUSE, Boston — Sidney J. Way, 56 Valentine Ter., has been confirmed by the executive council as a notary public, the office of Secretary of State John F.X. Davoren has announced.

The name of the nominee was submitted to the council by His Honor Francis W. Sargent, Lieutenant Governor and Acting Governor. The term of office is for 7 years. This was a new appointment.

# From the people who brought you Vietnam:



## The anti ballistic missile system.

They're mad.  
They're absolutely mad.

Everyone can see that things at home are getting worse all the time, and that little or nothing is being done about it.

The last thing in the world we need is to spend six or seven thousand million dollars for the down payment on an anti ballistic missile system.

But what can you expect from the type of mind that got us into Vietnam in the first place, and that keeps plunging us back in for one-last-victory-try every time it looks as though we might finally extricate ourselves.

Mr. Nixon and Secretary Laird and their advisors in the Pentagon seem to have lost touch with reality.

There are bombs going off in our cities, but they're not coming from China or the U.S.S.R.

The air we breathe is being poisoned, but it's not being done by enemy agents.

Many Americans no longer believe what the Government tells them, but it's not because they listen to Radio Moscow!

The gold in Fort Knox is, for all practical purposes, no longer our own—but the job wasn't done by Goldfinger or Smersh.

The war and weapons people have become so obsessed with International Communism, they fail to see that they themselves are laying the groundwork for a state of home-grown anarchy.

### A few observations on the A.B.M.

The figure they use is six or seven billion dollars. But this is just the well-known foot in the door.

Experience with Pentagon procurement in the past indicates that actual costs run two or three times the original estimate.

Furthermore, there is every likelihood that the "light" ABM system will get heavier and heavier as it goes along, and would ultimately cost over fifty thousand million dollars.

All this for a "Magenot Line in the Sky" (as the N.Y. Times described it in a recent editorial), that would most likely be obsolete by the time it is operative, and wind up as surplus electronic junk on Canal Street.

Meanwhile, back in the U.S.S.R., do you think "their" hawks would be standing still for this?

### What can we do about it?

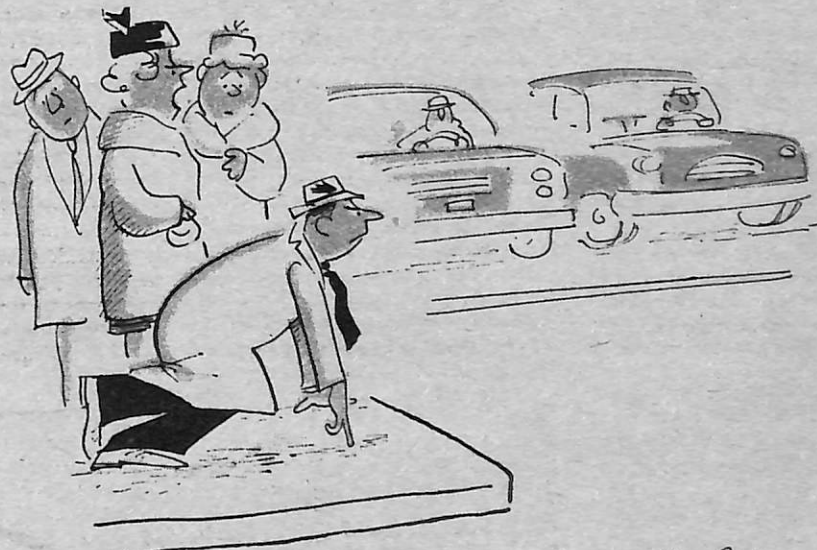
Unfortunately, the Pentagon doesn't seem to be able to learn from experience, but we wouldn't give up hope for the U.S. Senate.

There are a lot of Senators—including conservative Republicans—who feel they were "had" by the infamous Gulf of Tonkin resolution, and this time they don't seem to be buying the Pentagon's big public relations campaign on the A.B.M.

This thing can be stopped in the Senate. But it will take the kind of grass roots' effort that did so much to change the political climate on Vietnam last year.

Our marching song has come again.

SANE: a citizens' organization for a sane world.



George Marcus

"Driving or walking, Merten always has to be the first one away from a stop light."



**DEADLY....**  
STRYCHNINE, AN INGREDIENT OF SOME HUMAN MEDICINES, IS A DEADLY POISON FOR DOGS. SO NEVER GIVE YOUR PET ANY OF YOUR OWN DRUGS WITHOUT FIRST CONSULTING YOUR VETERINARIAN.

A person consumes about 1,000 lbs. of oxygen a year; an acre of green open land produces about 2,500 lbs. of oxygen each year, and 2,500,000 lbs. are produced each year by an acre of deciduous forest. In the U.S., 20,000 acres of vegetation are stripped away each week, the Mass. Audubon reports.

Of all animals with backbones, fish are the most numerous with 20,000 species.



**START YOUNG**  
TO ACCUSTOM A KITTEN TO BRUSHING OR COMbing, START GENTLE BUT REGULAR GROOMING PRACTICES WHEN HE IS TWO OR THREE WEEKS OLD.

it's cash for new camping equipment



and growing safely 'til you need it



**All ANONYMOUS mail of critical or editorial nature will find its way to the waste basket, without exception. Names and addresses must be submitted, but will be withheld upon request.**

## Weight Watchers

### AQUARIUS WANTS TO BE THIN

If this really is the Age of Aquarius, as our youngsters tell us, and all of us are searching for happiness, then surely the desire for the beautiful figure is a major part of this search.

For quite awhile the residents of the Agawam area have been seeking this goal by sharing their weight problems with each other at **WEIGHT WATCHERS**. And somehow this sharing has caused all to lose - lost fat that is - at approximately 2 pounds per week.

How? Most members will say it is a miracle for they have tried countless times before, using all kinds of fads, but never succeeding. At **WEIGHT WATCHERS** the miracle consists of sympathy, sensible diet habits, and confidence in each other's ability to do the job.

In Agawam the class meets every Thurs. at 9:30 a.m. and 7 p.m. at the Wilson Thompson American Legion, 478 Springfield St., and lasts for 2 hours. If you have 10 pounds or more to lose you may join and participate. The reason for the 10 pounds or more in order to join is the knowledge that only those who are obese, only those who strongly feel the need to lose weight can join with others to help all lose weight.

In this day and age when most of us despair of solving the major problems of pollution, war, hunger - it is good to know that ordinary people are solving the major problem of obesity. By keeping one's weight down, not only do we look good, but even more important we remain healthy.

## WMeco FILMS FOR HIGH SCHOOL

A particularly timely current events issue of the *Screen News Digest* now being distributed to schools as a public service by Western Mass. Electric Company concludes with the agreement recently reached between President Nixon and Premier Sato of Japan on the return of Okinawa.

Called "From Enemy to Ally - the Story of Post-War Japan," this documentary traces events in that country since General Douglas MacArthur accepted the Japanese surrender aboard the battleship *Missouri* in Tokyo Bay on Sept. 2, 1945.

MacArthur, as supreme commander of occupied Japan, then proceeded to liberate that country from 2000 years of feudalism by means of a sweeping agricultural reform program and a new democratic constitution which gave women the vote and relegated the Emperor to a largely ceremonial role. The film records how, after 7 years of occupation, Japan regained her full sovereignty and went on to become the 80th member of the United Nations.

She has now regained her position as the most industrially advanced nation in Asia. With a gross national product of \$150 billion a year and an average rate of economic growth of 10% annually, Japan now ranks third among the nations of the world behind the U.S. and the Soviet Union.

History has come full circle. Wartime enemies have become peacetime allies. In exchange for President Nixon's pledge to return Okinawa to Japan by 1972, Premier Sato has granted Japan-based U.S. troops new freedom to fulfill American commitments in South Korea, Taiwan and elsewhere vital to the preservation of our security in the far Pacific.

The *Screen News Digest* series, cited 3 times by the Freedoms Foundation as "an outstanding contribution to a better understanding of the American Way of Life," is distributed monthly during the school year by WMeco to nearly 70 junior and senior high schools in its service territory. Back issues are available on request for showing to service clubs and other organizations.

Reduce Safe & Fast  
With Go Bese Tablets &  
E-Vap "Water Pills."

ARTHUR  
DRUG CENTER

## NATURE'S WAYS

by Wayne Hanley

### A ROSE IS A ROSE, IS AN APPLE

Shakespeare wrote: "That which we call a rose/By any other name would smell as sweet."

A more recent minor poet opined: "A rose is a rose is a rose."

But, both were wrong. A rose may also produce a huge Northern Spy apple or a crabapple no larger than a cherry. For despite the romanticizing of poets, roses are many things. The rose family includes herbs, shrubs and great trees. Strawberries, raspberries and pears are roses. And not the least of the roses in New England are the apples.

If roses have little involvement with our lives in the dead of winter, it is because we are human. To wildlife, the rose with its winter hips or fruit serves as a crucial food supply.

We were thinking of the value of the rose, in the form of the crabapple, on a recent birding trip. And, also of the seemingly erratic nature that makes the crabapple unpredictable. For us, it always has been a gamble when we planted a crabapple tree with great hopes that some January we would see robins or pine grosbeaks sitting in it eating its dried but still hanging fruit. The gamble hinged upon the nature of the tree. For some crab trees hold their fruit almost until the spring bloom. Others drop their fruit in autumn. So far nurserymen always have sold me the one that dropped its fruit in autumn.

On a recent trip through a development where the builder had planted ornamental crabs to spur spring house sales, we noticed that in any line of the trees there were some loaded with winter fruit, others with

bare limbs, and a preponderance of trees whose load of fruit fell somewhere between these extremes. So far as we can determine in spring, these trees all are alike and probably were sold as the same variety.

In this line of trees, which extends across lawns in a rather densely-built suburb, were 2 robins living on the crabapples. The only purple finches we saw that day were in crab trees. In one tree, we saw a house finch, a western bird still uncommon in N.E. although now becoming established here. Later, in other neighborhoods where full-grown crab trees occur, we noticed an assortment of birds ranging from downy woodpeckers to evening grosbeaks.

As an attractor of birds, the crabapple tree probably is surpassed only by the multiflora rose. The multiflora is a rather primitive appearing rosebush that produces clusters of white flowers. In the autumn, the bushes are covered by red rose hips, which look a little like small holly berries. These rose hips are a favorite winter food not only for robins but also for mockinbirds.

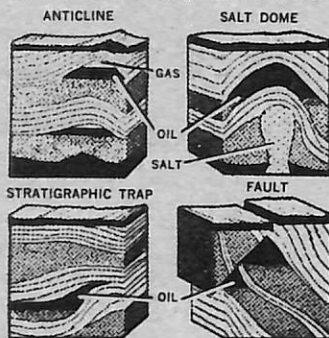
The problem of multiflora for a suburban home owner lies in the rangy and rambling growth of a hedge composed of these bushes. One must keep after them with a machete or they will take over the area. Also in denser suburbs one is likely to be disappointed with the type of birds the hedge may attract. We had a multiflora hedge that was a robin haven - until the neighborhood became more urban. Then starlings appeared each fall and stripped the bushes before the first snowfall.

## Well, What Do You Know? fun, games and knowledge

by MARTHA GLAUBER SHAPP, Editor, The New Book of Knowledge

What do you know about drilling for oil?

Many of the richest oil deposits lie far below the surface of the earth. Earth science has developed several ways to help in the search for oil. Oil hunting is like detective work. Many clues must



be gathered before places suspected of holding oil are found. Some of the most important clues are rock formations. Oil hunters and oil geologists seek four basic rock formations - the fault, the anticline, the stratigraphic trap, and the salt dome - which all offer good conditions for oil deposits.

Do you know what a bridewell is?

A prison or house of correc-

tion is often called a bridewell, taking its name from the 16th-century Bridewell house of correction in London. Located near the well of St. Bridget, or St. Bride, it was once a royal palace of Henry VIII. In 1553 it became a training institution for the city's homeless apprentices. Gradually it also came to be used as a workhouse for beggars, vagabonds, and political and religious prisoners. They were put to work making such items as pins, silk, lace, and tennis balls. The palace was destroyed toward the end of the 19th century.

What do you know about the Stone Age?

Most authorities divide the Stone Age into three periods: Old Stone Age (Paleolithic), Middle Stone Age (Mesolithic), and New Stone Age (Neolithic). "Lithic" comes from a Greek word meaning "of stone" and refers to the material of which most prehistoric tools and weapons were made. Even today there are some people - Australian aborigines, for example - who still live at a Stone Age level of culture.

## NIH THE SEARCH FOR HEALTH

A REPORT FROM  
THE NATIONAL INSTITUTES OF HEALTH  
BETHESDA, MARYLAND

### Shingles

Shingles is caused by a virus attacking a nerve. For several days the skin covering the area served by the infected nerve may be tender and burn with pain.

Depending on which nerve is attacked, shingles can be mistaken for various other disorders at this stage. Such pain occurring in the abdomen has been mistaken for appendicitis or a gall bladder attack. In the chest, the pain may be incorrectly believed to be heart disease or pleurisy.

Later a rash of watery blisters erupts along the course of the nerve involved.

Shingles is usually an adult disease, but has been reported in children of all ages. Only estimates can be made of the number of cases of shingles because many are so mild they are never reported to a physician. A limited study by an epidemiologist at the National Institutes of Health showed that each year there are about 83 cases for each 100,000 persons. This means about 160,000 cases a year in the United States.

Some patients recover from shingles without complications, even though they do not see a doctor. Others are left with complications which might have been avoided. A physician can prescribe lotions, powders, and medicines which ease severe pain and may prevent complications.

A distressing after-effect is pain which may persist for months or years after the rash has disappeared. This complication—postherpetic neuralgia—is especially prevalent in older people.

Further after-effects may result when the rash occurs on the face. When the forehead, nose, or area around the eyes is affected, an ophthalmologist

(physician specializing in eye disorders) should be consulted to help avoid scarring of the eye and possible loss of eyesight. Patients should see an ologist (ear specialist) when the rash appears on the ear, to help prevent temporary or lasting deafness.

There is no sure means of avoiding these complications. Some physicians have found that gamma globulin given to shingles patients, beginning in the first two days of the disease, speeded disappearance of the rash and prevented complications. However, other physicians found gamma globulin ineffective. The difference may lie in the strength of the particular lot of gamma globulin given the patient.

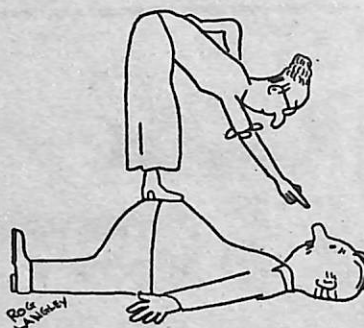
Serum taken from convalescing shingles patients has been frozen and stored. It has been successfully used in treatment in the first day or two of shingles.

Some day there may be a vaccine against the shingles virus. Most scientists are convinced that the shingles virus is the same one which causes chickenpox. Exposure to chickenpox has been followed in seven to 24 days by shingles, and vice-versa. One theory to explain shingles when no exposure is known is that a dormant chickenpox virus in the body may become active again as shingles.

Medical scientists including those at the National Institute of Neurological Diseases and Stroke, one of the National Institutes of Health, continue to learn more about shingles, and hope to use their findings for improved treatment and prevention.

Write to NIH Feature Service, Bethesda, Md. 20014, for a free copy of "Shingles, Hope through Research," Publication No. 1308.

Along James Bay in Hudson Bay, Canada has established a 7,000 square mile park, Polar Bear Provincial Park, where polar bears come the farthest south. It also contains bearded seal, walrus, Arctic fox, caribou, snow geese, blue geese and ptarmigan, the Mass. Audubon says.



I tell you every week and do you learn? No. Get me a subscription to the AGAWAM NEWS.

### RUBBISH COLLECTION SCHEDULE

Fri.	Jan. 23	Rte. 10
Mon.	Jan. 26	Rte. 1
Tues.	Jan. 27	Rte. 2
Wed.	Jan. 28	Rte. 3
Thurs.	Jan. 29	Rte. 4
Fri.	Jan. 30	Rte. 5

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to send your child  
to college



and growing safely 'til you need it

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OPEN TUESDAY THRU FRIDAY,

10 AM -- 5 PM

SATURDAY, 9 AM -- 5 PM

CLOSED SUNDAY & MONDAY



## For Your Heart's Sake

### Scientist Warns Against Sugar Intake

Americans who consume some 100 pounds of sugar per year each despite hazards of overweight, coronary arteriosclerosis and dental cavities are getting a new warning. A British scientist is now directly linking sugar with heart disease.

While the American Heart Association has discouraged "excessive use of sugar including candy, soft drinks and other sweets," the Briton, Professor John Yudkin, M.D., Ph. D., M.R.C.P., goes further,

"Coronary heart disease," he says, "seems to be more closely related with the level of sugar consumption than with the level of any other dietary component."

"The common belief that the level of animal fat in the diet shows the highest correlation with heart disease is simply not valid."

Researchers have commonly settled on a diet high in saturated fat and cholesterol as the principal cause of atherosclerotic coronary artery disease.

The Committee on Nutrition of the American Heart Association has warned against these dietary elements as well as excessive weight. Its published policy on dietetic dangers also recommends use of vegetables, cereals and fruits as preferable to excessive use of sugar.

Dr. Yudkin, professor of nutrition and dietetics, Queen Elizabeth College, University of London, zeroes in on sugar as the number one culprit. Experiments with young men on a sugar-rich diet and patients who had suffered attacks of coronary thrombosis led to his conclusions.

The experiments with the young men convinced him



Yudkin

that sugar is the biggest dietary contributor to coronary heart disease, the doctor said.

The subjects on a sugar-rich diet showed a sharp rise of fatty acids in the blood

plus an abnormally high level of insulin. He said the latter is a probable early stage in the development of coronary heart disease.

Those patients who had recently suffered attacks of coronary thrombosis, he found in his studies, had been using an average of twice as much sugar as control sub-

jects. This was also found to be true of men suffering from peripheral vascular disease.

Dr. Yudkin noted that coronary heart disease is most common in wealthy countries, in which the level of sugar consumption tends to rise.

Sucrose, or table sugar in laymen's language, has been linked by scientists for years with diabetes and dental caries.

Dr. Yudkin visited the United States to lecture on his findings. He addressed a diet - heart disease seminar in Chicago and visited research operations elsewhere.

### FEBRUARY BLOOD SCHEDULE

#### PUBLIC

Tues., Feb. 17, Sinai Temple, 1100 Dickinson St., Spfld., 1:00 p.m. - 7:00 a.m.

Tues., Feb. 24, AIC Auditorium, 170 Wilbraham Rd., Spfld., 10:00 a.m. - 4:00 p.m.

#### PERSONNEL ONLY

Wed., Feb. 4, Stacy Machine Co., 270 Main St., Agawam, 1:00 p.m. - 5:00 p.m.

Wed., Feb. 11, Bay Path Jr. College, 588 Longmeadow St., Longmeadow, 1:00 p.m. - 6:00 p.m.

Wed., Feb. 25, Mass. Mutual Life Ins. Co., 1295 State St., Spfld. 9:00 a.m. - 3:00 p.m.

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## SCHOOL MENUS

JANUARY 26 - 30

### Milk Served with All Meals

**PHELPS SCHOOL**  
MON. — Juice, frank. on btd. roll, relish and mustard, btd. corn, fruit, cocoa krispies. TUES. — Hamb. gravy, mashed pot., btd. peas, btd. and btr., choc. cake. WED. — Juice, toasted ham & cheese roll, green beans, pot. chips, fruited Jell-o w/topping. THURS. — Juice, hamb. on roll, catsup, relish, onion slices, btd. carr., fruit. FRI. — Fish stix w/catsup or tartar sauce, oven browned pot., cabb. and carr. salad, btd. and btr., pean. but. cookie.

**GRANGER SCHOOL**  
MON. — Spaghetti w/meat and tom. sauce, lettuce and tom. salad, btd. and btr., applesauce. TUES. — Sloppy Joe on roll, green beans, pot. stix, apple. WED. — Juice, frank. on btd. bun, relish and mustard, pot. chips, corn, fruit cup. THURS. — Juice, hamb. on roll, relish and catsup, carr., white cake w/choc. frosting. FRI. — Juice, pizza w/cheese sauce, btd. veg., pean. but. sand., Jell-o w/whipped topping.

**PIERCE SCHOOL**  
MON. — Frank. on hot but. roll, sweet pot. casserole, btd. green beans, pean. but. sand., prune whip. TUES. — Spaghetti w/tom. and meat sauce, btd. carr., cheese cube, btd. vienna bread, choc. pean. but. cookies. WED. — Saucy meat loaf w/topping, parsley btd. pot., btd. leaf spin., btd. and btr., choc. pudding w/topping. THURS. — Chicken noodle soup w/veg., chicken salad sand., carr. stix, pot. chips, applesauce. FRI. — Oven fried fish stix, whipped pot., cole slaw w/grated carrots, btd. and btr., peach shortcake.

**DANAHY SCHOOL**  
MON. — Juice, hamb. on roll, corn, applesauce cake. TUES. — Sliced bologna on roll, sliced cheese, fr. fries, cabb. and carr. salad, prune spice cake. WED. — Macaroni in tom. and meat sauce, btd. and btr., green beans, pineapple tidbits. THURS. — Meat balls in tom. and meat sauce, mixed veg., cheese wedge, fruited Jell-o, btd. and btr. FRI. — Juice, grilled cheese sand., pean. but. sand., carr., pot. chips, pineapple crisp.

**SOUTH ELEMENTARY SCHOOL**  
MON. — Orange juice, steamed franks on btd. roll, mustard and rel., pean. btr. sand., peaches. TUES. — Italian spag. w/mean and tom. sauce, btd. vienna btd., crushed pineapple coconut. WED. — Citrus juice, chicken noodle soup w/diced carr., celery stix, chicken salad on hard roll, fresh pear. THURS. — Meat ball grinder w/ sauce, cheese stix, btd. broccoli, spice bars. FRI. — Baked meatless lasagna, german cole slaw salad, homemade rolls w/ btr., pean. btr. sand., Jell-o w/fruit topping.

**ROBINSON PARK SCHOOL**  
MON. — Orange juice, frank. on btd. roll, mustard and rel., btd. corn, cheese stix, orange blossom cake. TUES. — Meat ball grinder w/sauce, btd. carr., pot. stix, fruit cup. WED. — Elbow mac. w/meat and tom. sauce, btd. green beans, btd. and btr., pineapple. THURS. — Citrus juice, sliced ham sand., ABC salad, pot. chips, butterscotch pudding. FRI. — Oven baked fish stix, mashed pot., btd. mixed veg., pean. btr. sand., dessert.

**JUNIOR HIGH SCHOOL**  
MON. — Juice, frank. on roll, cabb. and carr. salad, sliced peaches w/ pean. btr. honey cookie. TUES. — Meat loaf, mashed pot., btd. carr., ice cream, btd. and btr. WED. — Juice, chopped ham and cheese on bun, pot. chips, tossed salad, strawberry short cake. THURS. — Juice, Hamb. on bun, green beans, P.B. sand., fruit cup. FRI. — Flipper special with rice, mashed pot., btd. mixed veg., pean. btr. cookies w/applesauce.

**HIGH SCHOOL**  
MON. — Orange juice, bologna and cheese on roll, pot. chips, btd. green beans, mustard and mayo., pean. btr. sand., peach shortcake w/ topping. TUES. — Pineapple juice, Sloppy Joe on roll, btd. carr., pea. btr. sand., banana cake w/ butter icing. WED. — Country style steak, mashed pot., btd. peas, btd. and btr., bread pudding w/lemon sauce. THURS. — Elbow mac. w/meat sauce, garden salad w/spinach greens, btd. and btr., fruit cocktail. FRI. — Tom. juice, fillet-o-fish sand., tarter sauce, btd. corn., pean. but. sand., frosted pineapple pie square.

## Legal Notices

### COMMONWEALTH OF MASSACHUSETTS

#### Hampden ss PROBATE COURT

To all persons interested in the trust estate under the will of ARETAS P. LOOMIS late of Agawam, in said County, deceased, for the benefit of CLARA J. LOOMIS and others under the second clause of said will.

The trustee of said estate has presented to said Court for allowance its thirty-first account.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the sixth day of February 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this thirtieth day of December 1969.

JOHN J. LYONS, Register

Jan. 15, 22, 29

### COMMONWEALTH OF MASSACHUSETTS

#### Hampden ss PROBATE COURT

To all persons interested in the estate of CATERINA CIRILLO otherwise CATERINA CIRILLO late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last Will of said deceased by VINCENT J. PANETTA of East Longmeadow in the County of Hampden praying that he be appointed executor thereof without giving a surety on his bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the thirteenth day of February 1970, the return of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this eighth day of January 1970.

JOHN J. LYONS, Register

1/22, 29, 2/5

### COMMONWEALTH OF MASSACHUSETTS

#### Hampden ss PROBATE COURT

To all persons interested in the estate of HELEN MAY GRANGER late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last Will of said deceased by FREDERICK HERBERT WITHAM of Largo in the State of Florida praying that he be appointed executor thereof without giving a surety on his bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the twentieth day of February 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this thirteenth day of January 1970.

JOHN J. LYONS, Register

1/22, 29, 2/5

### COMMONWEALTH OF MASSACHUSETTS

#### Hampden ss PROBATE COURT

To all persons interested in the estate of PERLEY RALPH MAGOON late of Agawam, in said County, deceased.

The administrator of said estate has presented to said Court his account for allowance and a petition for distribution of the balance in his hands.

If you desire to object thereto you or your attorney should file a written appearance in said Court at Springfield before ten o'clock in the forenoon on the tenth day of February 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this ninth day of January 1970.

JOHN J. LYONS, Register

1/22, 29, 2/5

### COMMONWEALTH OF MASSACHUSETTS

#### Hampden ss PROBATE COURT

To all persons interested in the estate of FRANK CIRILLO otherwise FRANCESCO CIRILLO late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last Will of said deceased by VINCENT J. PANETTA of East Longmeadow in the County of Hampden praying that he be appointed executor thereof without giving a surety on his bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the thirteenth day of February 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said Court, this eighth day of January 1970.

JOHN J. LYONS, Register

1/22, 29, 2/5

### COMMONWEALTH OF MASSACHUSETTS

#### Hampden ss PROBATE COURT

To all persons interested in the estate of JOSEPH VOISLOW late of Agawam in said County of Hampden, deceased.

A petition has been presented to said Court for probate of a certain instrument purporting to be the last Will of said deceased by THOMAS ANTHONY VOISLOW of Quincy in the County of Norfolk praying that he be appointed executor thereof without giving a surety on his bond.

If you desire to object thereto, you or your attorney should file a written appearance in said Court at Springfield, in said County of Hampden, before ten o'clock in the forenoon on the thirteenth day of February 1970, the return day of this citation.

Witness, ABRAHAM I. SMITH, Esquire, First Judge of said court, this fifth day of January 1970.

JOHN J. LYONS, Register

Jan. 15, 22, 29

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